

FLASH CARDS

In courses where rote memorization of facts is required on tests, high frequency short duration rehearsal is an effective strategy. Spending a few minutes, but 5-6 times per day, over a few weeks is an effective and easy way to memorize material. It feels like less work than hours of studying in the evening. However, it demands a great deal of dedication to pull it off.

Note: simply reading and re-reading material (the most common study strategy used by students) is poor preparation and unlikely to improve recall.

The easiest way to practice recalling information is through the use of flashcards. The question or concept is written on one side of the card, and the answer is on the back. Practice trying to recall the information on the back of the card. Flashcards should be used several times per day, but only for a few minutes.

Use the flashcards in the morning when you awake, over breakfast and on the way to school. Use them between classes and while waiting for supper. Use them during commercials while watching TV.

The advantage to using the flashcards is that students can memorize material better and have more “fun” in their evenings.